

Water Safety

Local Water Safety Guide



Drowning is a leading cause of death in USAREUR!!

Grafenwoehr Waldbad





Choose a save place to swir





Hoehenbad Vilseck

Choose a save place to swin

Authorized Swimming Area





Almost all USAREUR Drowning Unauthörized Swimming areas

Porphyrgrube Tanzfleck

WARNING

THIS IS AN UNAUTHORIZED SWIMMING SITE FOR U.S. SOLDIERS

CHECK WITH YOUR CHAIN OF COMMAND FOR A LIST OF AUTHORIZED SWIM SITES



Typical Unauthorized Swimming areas around GTA (former gravel pits)



Kiessgrube Huetten

Off Limits!!

Porphyrgrube Tanzfleck



USAREUR Regulation 385-2 Recreational Wateres ailieury of Authorized Swimming areas

- 1. Lifeguards and emergency communication equipment must be present
- 2. Water must be clean and tested by local authorities
- 3. Water-depth markings lines separating shallow and deep water
- 4. Supervision for children's and nonswimmer
- 5. Emergency safety equipment must be present (flotation devices)



List of Local Authorized Swimming

Locationas ! In-door

Amberg: Kurfuerstenbad

Auerbach: Hallenbad

Bayreuth: Stadtbad

Freiluftbad

Eschenbach: Hallenbad

(Fenced area)

Grafenwoehr:

Immenreuth:

Hahnbach: Hallenbad

Haimbach: Hanembau

Out-door

pool

Hockermuehlbad

Schwimm-SOL-A-SIM

Kreutzsteinbad /

Russweiher

Waldbad

Freibad



List of Local Authorized Swimming

Locationas In-door

Pegnitz: Hallenbad

Sulzbach: Hallenbad

Vilseck:

Weiden: Thermenwelt

Weiherham. Hallenbad

Neustadt: Hallenbad

Hirschau:

Windisch.:

Out-door

Freizeit Center

Waldbad

Hoehenschwimmbad

Schaetzlerbad

Freibad anlage

Freibad Monte Kaolino



Safe swimming rules !!!!

<u>Don't swim in unauthorized areas!</u>

Don't swim in extremely cold water

Don't swim right after eating

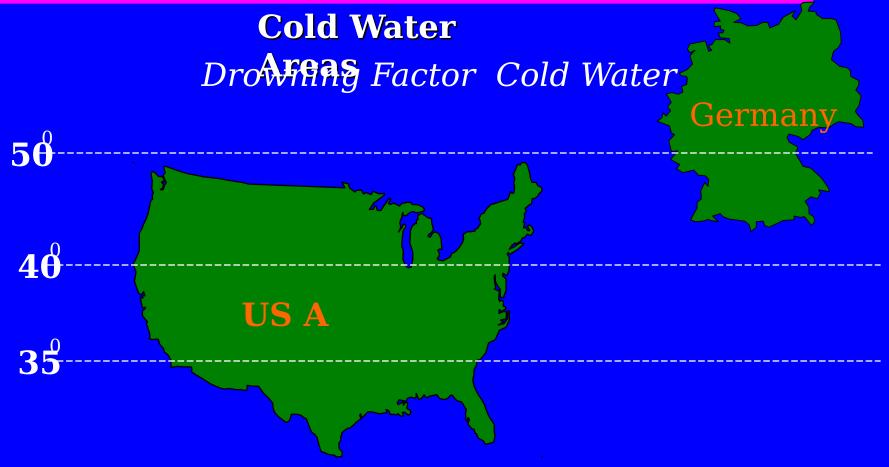
Don't swim during thunderstorms

<u>Don't swim when tired</u>

Never dive into strange waters

Alcohol and swimming don't mix





Geographical Location



Drowning Causes:

- Dangerous areas (unauthorized swimming areas)
- **Cold Water** (Hypothermia caused by exposure to cold water)
- **Exceeded Capabilities** (Symptoms cramps / Shivering / Breathing problems)
- Alcohol (Overconfidence / Poor Judgment / Impaired motor skills / Rapid loss of body beat)

Alcohol and swimming don't mix!!



If you do not know how to swim or to swim well enough to save yourself in a drowning situation learn to swim or take a class to improve your swimming ability. Then stay within your ability